

Group 2: Research Topics

Prevention of Injuries to Soldiers during Initial Entry Training
Prioritization of Injury Prevention Efforts: a “Users” Conference

19 - 20 October 1999





Group 2: Research Topics

- Surveillance
- Research
- Intervention
- Program Implementation
- Program Monitoring

Surveillance



Determine Existence & Magnitude of the Injury Problem



Surveillance

AS IS:

AMSS
TAIHOD
FJ16
SIDPERS 3
MTS

APG Project / FT Jackson
880 FLW
ATTRS System
DEERS
MARCS Card

TO BE:

- One Integrated Database Accessible to Units/ MED/ Researchers
- *WWW Site IET Call*



Surveillance

GOAL:

Data (Injury/Illness) Down to at Least Company Level.

- Include Everyone: (AD/NG/ER)
- Data Aggregated Through Installation at the TRADOC Level
- *Feedback System: Data at the Appropriate Level*

TASKS:

- POC: TRADOC / DCSPER/ DCSBOS / CHPPM
- Timeline: 3 - 5 Years
- Identify Optimal Systems to Link (MTS-ADS)

Research



Identifying Causes of & Risk Factors for the Problem



AS IS: Risk Factors for Injuries

Nonmodifiable

- Female gender
- Older age
- Anatomy
 - Foot arch height
 - Knocked kneed

Modifiable

- Physical inactivity
- Low physical fitness
- High and low flexibility
- Cigarette smoking
- Long run mileage
- Old running shoes
- Summer season



Research

AS IS:

- “Common” Wisdom / Word- of - Mouth
- Lack of Funding Priority
- Organizations Involved with Research

CHPPM (MEDCOM)

RAND (Private)

USARIEM (MEDCOM)

Clinical (MEDCOM)

Battlelabs (TRADOC)

ARI

SSC (TRADOC)

ARL (AMC)

PMS (TRADOC)



Research

TO BE: (Research Projects)

- Optimal Running Distance
- Optimal Physical Training Practice
(foot marches/ability group) *More to Come*
- FTU Effectiveness / PTRP
- Send IET BPFT Failures to Units
- Nutrition
- # and Length of Foot Marches (Pace/Stride)
- Ability Group / Formation Running
- Identify Appropriate Units for Testing
- Can Strength Training Reduce Injuries?



Research

GOALS:

- Maximize Physical Performance While Minimizing Injuries

TASKS:

- POC: MEDCOM - TRADOC - DoD
- Timelines: Ongoing (STO - Injuries - MRMC)

Intervention



Determining What Prevents the Problem

&

Getting the Information Out to the People
Who Need to Know



Intervention

AS IS: Points of Entry

TRADOC CDR's Conference

VTC's

Master Fitness Training

SMA / NCOES

PCC

Training Support Packages

DS School

Website

War College

CGSOC

Chain of Command



Intervention

TO BE:

- Command Emphasis on IET Injury Prevention
- Chain Teach Through Existing Networks

GOAL:

- Injury Prevention TSP (Red, White, Blue, Gold, Black) GTA Form
- TRADOC CDR's Conference Outbrief (MEDCOM)
- Timely Information to Unit
- POC: MEDCOM
- Timelines: As Required for Class (Annual/Semi/Qtrly)

Begin Now

Implementation



Implementing Programs to Control Injuries
(Action Based on Research and Intervention)



Program Implementation

AS IS:

- Installation CDR's Prerogative
- "Good Idea" Network Informal

TO BE:

- RESOURCE and Mandate
- Review Successful DoD Best Practices Programs



Program Implementation

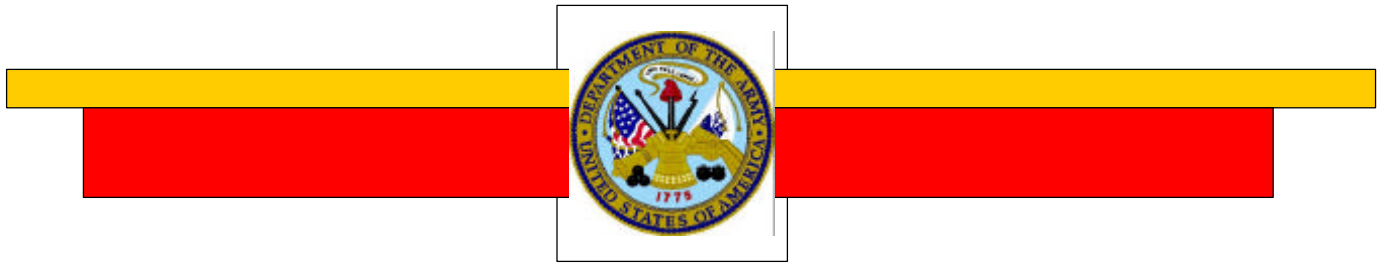
GOAL:

- Program Vetting
- Designated Test Bed
- Outcome Acceptance

TASK:

- POC: TRADOC / DCG IET (DCST)
- TIMELINES: As New Information Acquired
- PTRP Now (Limited Information)
- FTU Now (Limited Information)

Monitoring



Evaluate Effectiveness of Injury Prevention Strategy



Program Monitoring

AS IS:

- Statistical Review at Installation
- Use Surveillance Resources

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Program Monitoring

TO BE:

- IET Center for ARMY Lessons Learned (Situational Awareness) to Include IET TTP

GOAL:

- The Right Information to the Right Level / CDR
- Injury Baselines for “Focused” Surveillance

Group 2

Topics of Interest





General Officer Taskings

- Seek Uniform Training Condition (Resources) Across Across TRADOC
- Direct Stand-Up of PTRP/FTU TRADOC Wide
- Seek Additional Physical Therapists / Sports Med/ Athletic Trainers for IET (S.M.A.R.T.)
- Gain Membership on the Presidents Council on Physical Fitness (Master of the Sword/USMA)
- Seek Additional Resources for Injury Prevention Research





Research Topics for IET (cont.)

- IET Call - Army - DoD Policy
- \$ For Innovative Programs / Scientific Injury Study
- Risk Factors for Injuries (modifiable)
- Identifying Units for Tests
- Is the BPFT Worth It v/s Injuries (Lower STDS?)
- Standardized Data Collection (One Company/Unit)
- Research Tools / Technologies / \$
- Process Improvement for Injury Surveillance / Reporting